

beacon

health options

RESILIENCY

***A Return to a Reason
for Living***

4th Annual Peer Summit

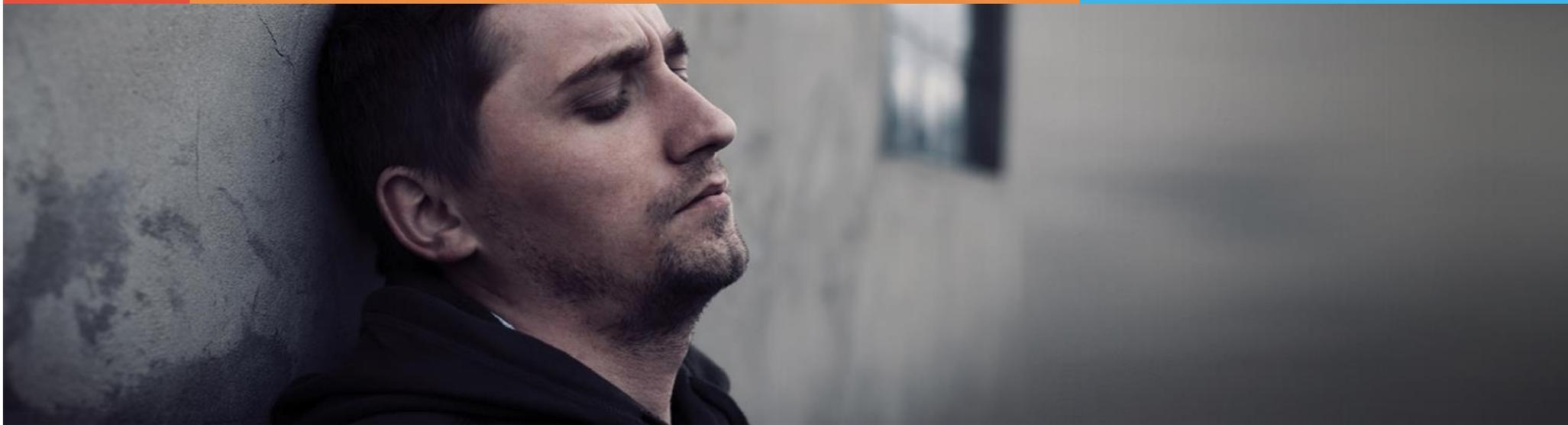
May 17, 2018

Towson, MD



“The prerequisite for evidencing resilience is to have faced a major adversity of some sort”

Has it ever happened to you?



Yet, this is exactly what many people with mental and emotional disorders experience

The stigma of being “different” by a society that does not understand their fear and confusion

The loss of identity that results from being unable to live independently or pursue a career

The hopelessness and social isolation that come from giving up on one’s life dreams

What Does It Look Like

Resilience is the ability to handle problems and stress in life effectively. Resilient individuals are able to overcome tragedy and challenges easily. They also recover from shock quickly. Those with resilience do not suffer from long lasting or psychopathological effects because of trauma.

Who Has It

We are all born with innate resiliency, with the capacity develop the traits commonly found in resilient survivors:

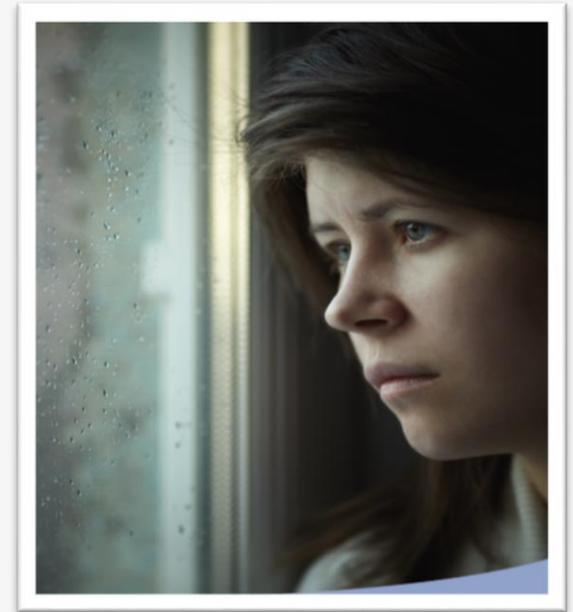
- social competence (responsiveness, cultural flexibility, empathy, caring, communication skills, and a sense of humor);
- problem-solving (planning, help-seeking, critical and creative thinking);
- autonomy (sense of identity, self-efficacy, self-awareness, task-mastery, and adaptive distancing from negative messages and conditions);
- a sense of purpose and belief in a bright future (goal direction, educational aspirations, optimism, faith, and spiritual connectedness)

So How Do I Get It

A dynamic process in which personality and environmental influencers interact in a reciprocal, transactional relationship, programs

based on the establishment of mutual relationships of:

- care,
- respect,
- trust between service recipients and professionals are the critical components in program effectiveness



Why Is It Important

Person in recovery experiences significant functional impairment in one or more of the following areas: psychiatric, health/medical, educational/vocational, social, financial, family, or community.

Functional impairment means that the symptoms of the mental illness are impacting the person in recovery ability to manage and participate in activities in a specific domain

Extending the Limits of Clinical Care

Peer Roles

- Guide, mentor, coach
- Advocate, resource connector, educator
- Clinical team adjunct
- Health promoter
- Role model

Dimensions of Wellbeing



The Examination of Strengths

The examination of strengths and the acknowledgment that everyone has strengths and the capacity for transformation gives the prevention, education, and youth development fields a clear sense of direction -- informing us about "what works!" --



Hope, empowerment, healing,
connection

What Brings You In Today?

we must move beyond our obsession with risk identification, a statistically weaker practice that has harmfully labeled and stigmatized youth, their families, and their communities as at-risk and high-risk, a practice that perpetuates stereotyping and racism





Happiness or Joy